

CHOLERA;

WHENCE IT COMES.

WHAT IT IS.

HOW IT BEGINS.

WHAT CAUSES IT.

HOW TO CURE IT.

HOW TO PREVENT IT.

HOW TO MAKE THE BEST OF IT.

A POPULAR LECTURE,

BY AN M. D.

ALSO,

FOUR OTHER MODES OF CURE,

BY EMINENT MEDICAL AUTHORITIES,

"Cholera will probably come with the Spring, or with the first warm weather."—*Dr. Tempest's Medical Report, Toronto.*

TORONTO:

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1867.

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NOTE.

This Lecture was delivered, almost as it now is printed here, impromptu, in the end of April, 1866, when the Author expected to have to find his living for a time by lecturing through the country. His predictions in regard to the course which Cholera would take have thus far been literally fulfilled. Cholera reached, and as it were, just touched our frontier towns, Colborne, Toronto, Stratford, &c. It is now announced by the Health Officer of Toronto that *Cholera has been in Toronto five times already*, and may be looked for in the spring or with the first warm weather. The Boards of Health on the Continent of Europe deprecate, as the Author does, the employment of Hospitals and Quarantine with reference to Cholera. Dr. Aitken, a high medical authority, allows water, as here stated on the Author's own judgment. Dr. Tanner's Treatment is very much the same as that here recommended in general, only the reason of the treatment is here given, and the practice simplified. Dr. Hamlyn's Treatment is very good for the first stage, and Dr. Tanner's for the last; the Author only wishes to moderate the vehemence of the treatment, believing that Hasty Remedies kill more than they cure. As in fever, if the Patient cannot tide over the crisis by CARE and PRUDENCE, he never will by having recourse to strong remedies. MENTAL DEPRESSION, caused by Bodily Weakness, is the Rock of danger in Cholera. Be steady and resolute in using all gentle precautions and aids under the best advice, and the danger will be overcome, if possible at all. I need not say this advice is for *the People*, for whose ear the whole Lecture is wholly intended.

TORONTO, January 1st, 1867.

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CHOLERA.

Cholera is coming. This cannot reasonably be denied, since we hear again and again how ships are attacked by it while crossing the Sea. This proves sufficiently that there is a current of air by which it is being conveyed along over the sea, and consequently it must shortly reach our shores. No doubt the crowded state of the vessels is a chief predisposing cause, preparing the passengers for becoming its victims, by the depression of the general health, which want of pure air is apt to cause. And though the rate of its approach seems so slow, that should neither lead us to doubt its at length reaching us, nor cause us any wonder; because we know that the air does not move in a straight course, but like the waters of the Ocean, circles round and round upon itself—like a screw, advancing only a little each round.

This year the infection is said to be pursuing a lingering, devious course, even more so than usual. But when I come to explain to you the nature of the disease, you will see that, considering the greater familiarity that we have with it, and the better outlook that has been kept for it, this is just what might be expected. Meantime, knowing the certainty that Cholera is coming, reaching our border towns this season, and either this season or the next, being carried from these towns as centres to the districts round, it is folly to drive away all thoughts of it, as some would advise us, expecting (as the Os-trich is said to do when it buries its head in the sand, that it will be invisible because it cannot see) that by denying that Cholera is coming, we shall prevent its affecting us. We are told, for example, that in a certain gentleman's house in England, the master ordered that no one in the house should say "*Cholera*," on pain of being dismissed, and that in consequence no one in that house took Cholera. But then it should be mentioned, as it was at the time, that great care was taken to keep the house clean, and to keep the inmates from going where Cholera was; and thus that house escaped as many others did. On the same principle, a certain good woman had a cow that

would not give any more milk, and she concluded that a certain person had bewitched her; so she took the last milk she got from her, put it in a pot, threw into it a crooked sixpence, and boiled it all away. She then made a nice mash in the same pot, cleaned out the cowhouse, made her a nice bed of straw, and gave her the mash; and in the morning the cow was as well as ever. But what had the crooked sixpence to do with her cure? Just as much as saying *no Cholera* had with preserving the house from its attack. But if all had followed this selfish way, and Cholera had broken out in that house, how dreadful would have been their terror, and how many of its inmates would have escaped from a house thus shut up and neglected. This policy was cruel and wicked. I do not wish to inspire you with unnecessary fear. But there are two kinds of fear—Fear *beforehand* and Fear *behindhand*. Fear beforehand leads to take the proper precautions against the threatened danger, and so if possible to prevent it. Fear behindhand is almost certain to fall on those who are not wisely afraid in time, and to make their danger doubly dangerous. Let us therefore fear *now*, and by taking due precaution, never have cause to fear afterwards; and this is what I wish to accomplish by bringing this very serious subject before you, in good time.

Let me just notice in passing, that the advices so generally given you just now, in almost every *paper*, refer almost entirely to Diarrhea and Dysentery, and not to Cholera. So that when you have an attack of Diarrhea or Dysentery you are apt to suppose you have got Cholera. Now this is very seldom the case, and if you believe me you will save yourselves from a thousand unnecessary fears. Thus, one *Medical Man* who says he has seen a hundred cases, recommends that whenever you have Diarrhea coming on, you should immediately have recourse to Laudanum and Tincture of Rhubarb,—when you have Vomiting and Purging, you should take Laudanum with Tincture of Ginger,—Capsicum and Cardamom, to check the Colic and Cramps,—and when the patient becomes blue, have recourse to Brandy and Opium, putting a Mustard Plaster over the stomach to draw out the fluids to the outside and bring warmth to that region. All these remedies plainly suppose that the disorder is British Cholera, that is *Diarrhea* or *Indigestion*. Another *Medical Man*, equally eminent, and who claims that the preceding plan is of little or no use in Cholera; recommends Chloride of Sodium, Chlorate of Potass, and Carbonate of Soda, which, as plainly refers to the Dysentery and Typhoid Fever, into which the Indigestion and its Diarrhea are apt to run. And so also the Popular Remedy—*Salt and Pepper*, refers to the Colic of

Dysentery. And in so far these *Remedies* are well enough, as they tend to lessen a very troublesome complaint, and one which it is said always precedes or accompanies *Asiatic or True Cholera*, and is even supposed by depressing the *general health* to predispose to it, that is, make the *body* more easily overcome by it. Observe, I am not finding any fault with these prescriptions. I only wish you to understand that they are designed to meet the Diarrhea and Dysentery, and do not cure Cholera, which in my opinion is a totally different disease, and providentially a much rarer one. So that if you take my advice you will not, merely because you hear of Diarrhea and Dysentery around you, or even yourselves have one or both together, imagine that *Asiatic Cholera* is raging around you.

What then is Cholera? Let me first tell you in a way that you will *all* understand, and you will see at once that it is a totally different thing from *Diarrhea and Dysentery*, though it may be accompanied by them, or even occasioned by them, as already stated, by their weakening the system and rendering it more liable to be attacked. Cholera then I *believe*, and many others also believe, is a kind of *Fever and Ague*, not the same thing as ordinary Fever and Ague, but something of the same kind; and when you have heard its origin, course, and appearance, you will, I think, all agree with me.

Cholera is commonly believed to rise in the great swamps of India. The swamps of the Ganges extend some 700 miles in length, by some 200 or 300 miles in breadth. The Indus on this side India is also embedded in swamps, and so are the Rivers on the other side of it, further east. From these great Asiatic Swamps, on which the scorching sun beats with intense violence, the Cholera Plague arises in the same way as the Ague Plague rises from the swamps in the Spring in this country, and rose still more severely in early times, when swamps were more numerous and underwent greater changes from wet to dry. Now this is supposed to be caused by a kind of living germ produced in this way in the swamps, getting into the blood and poisoning it. For it is a general law of Nature that the decay of living matter produces living germs, as is the case in the fermentation that takes place in making beer and wine and whiskey, myriads of minute plants and animalcules are produced in the process, and the law is no doubt universally extending to disease as well as to health. Thus it is true of the Potato Disease. I myself have seen the Potato Disease blight a field in a few hours. A heavy smoky vapour descended from the sky, and lighted on the field, becoming visible simply by its

becoming closely pressed together--and the field, all fresh and flourishing, became black, and emitted a most fearful stench. It was green as we approached, we saw the cloud of animalecules descending as we went to Cufar Fife, and when we returned, within three hours, the field was black and noisome. You can see the Wheat Disease at a certain stage. And so the Cholera germ, though it has not yet been seen, so far as I know, is probably of the same nature. And in this connection, it is curious, that just as Homer mentioned 3,000 years ago in his immortal *Illiad*--that the plague sent on the Greeks by Apollo, the Sun God, at the prayer of his Priest, Chryses, to avenge the loss of his only daughter, began like a WHITE MIST, attacking first the asses, and then extending its ravages among their attendants. So now it has been observed that Cholera begins very often with a kind of misty weather! Perhaps on further examination, it may be found that the *Mist* in this case, as in that of the Potato Disease, which fell in our sight on a fine, mild, sunshiny day, is really the descent of living germs, lighting on the earth generally, and attacking the human race, only as the other did by an extension of its ravages. The germs then, thus produced in the great swamps of India, are in certain seasons, carried up into the air, and gradually wafted and borne onwards over land and sea, till they find a locality suited to them, and there they alight; and as is believed are drawn in with the breath, and so find their way into the blood. They originate in swamps and therefore lodge in swampy places, at Alexandria, in Egypt, near the mouth of the swampy Nile, at Constantinople, lying low amidst muddy lakes; and so they move onwards to the low-lying places by the sea shore, and near muddy rivers and all kinds of low-lying places.

Since this was first written the Cholera has advanced considerably nearer--visiting Holland and some parts of Germany, Liverpool, Southampton and London, New York and other places, and fallen more severely on New Orleans--exactly fulfilling the indications of the *Disease*, as a swampy product seeking swampy places. It will probably not reach Canada till the *Fall*, and may this year be very slight in its attack. But this delay should only serve as a warning, and not as a bait to draw us into its snare.

And as these miasms move along through the air circling round like midges by the river side in the summer evening, they are affected by the climate and the weather; sometimes weakened and thinned out, and then they do not reach far beyond their place of origin; at other times, they multiply rapidly, and extend their ranges. And hence they are most

destructive in the fine warm weather, as in the mellow autumn, the most sickly season of the year in those countries where it abounds. Hence you can determine plainly the course they will take, the season they prefer, and the places most likely to be attacked by them, and hence too the various ways they may come. Sometimes direct, when the flood is large, sometimes when the flood is lower, lodging and lingering in *spots* peculiarly suited to them. And hence perhaps the reason they are becoming more frequent in their inroads, having learnt, so to speak, instinctively, where they are likely to find abundance of food; guided like the Birds and the Sharks, by an instinctive scent, to work the will of Providence where they are required; for I believe that the wheels of Providence are moved by the laws of nature, as the will of the Great Creator, directing His Angel Powers, in the exercise of His *Moral Government*.

And having thus set before you, the cause and course of the *Cholera* properly so called, let me describe its appearance. It comes as any other Fever, with uneasiness, headache, uncomfortableness, first; and then suddenly sets in with Chills; and as these are sometimes very severe, the person becomes blue and sinks into collapse, and then dies. He may however recover from this blue state, either altogether at once, or he may linger on for a time in Typhoid Fever, and from this he may also recover more or less speedily, or die. This is just the appearance of Fever and Ague, only of a very violent type or character, so that many die in the first, or cold stage, and this is the *Cholera* properly understood.

But if I could make you understand fully the force of this statement, I think I should relieve you from the greatest danger you have to dread, namely; unnecessary fear, of which I believe it is generally admitted, 99 in the 100 of those who die, perish.

But I must guard you against making a very serious mistake, and thereby leaping into the still greater danger of *Presumption*. *Cholera* does take some in a very violent manner, and the death that follows is so sudden, so awful, that it cannot but justly cause *terror*, only let your terrors be reasonable, and it will not prove nearly so fatal. Some people will tell you, only don't be afraid. Say to yourself, I will not regard Cholera, and you will be safe. This is a mistaken idea of the nature of the fear that Cholera produces. When you are actually falling headlong, what good would it do to tell you "Don't be afraid," if the ground were sinking from beneath your feet, would it do you any good to say "*never mind*." The *terror* of Cholera

is not common fear or cowardice. It is a sinking of the nervous system, and does not depend on any mere exertion of the will. It is the result either of the invasion of the disease, or the influence of sympathy with the general terror of the community. However brave a man may be, and though he might feel prepared to fight three or four men in open day; yet even a weak hand laid suddenly on his shoulder, in the dark, would alarm him. As some one said when seeing the army flying, he also fled; his *heart* was bold enough but his feet ran away with him. When therefore the sickness is making the attack, or the community are suffering under general depression, the individual cannot easily bear up, however brave or determined he may be. Thus, we are told that when a certain rich man was informed by his physician that he was very ill, and if he did not use special care, would die very soon. He jumped out of bed, and was determined to go after his business, saying, he had not time to die just now, he had so much to do; and thereby only hastened his end immediately. So here, courage and determination will not do, means must be found to prevent the attack being successful, or if possible of preventing the community from the spread of panic-terror. You cannot do this by an ignorant denial of the existence of Cholera, which will come whether you expect it or not; but by a clear knowledge of what is to be feared, and the prudent use of all just and *reasonable precautions*. There was a time when Ghosts and Bogles were the cause of much terror in the world, this was got over, not by saying there were none, but simply by facing and examining the real cause of the alarm, and when it was found to be a thing of no consequence, the idle terror subsided. So also the eclipses of the Sun and Moon, the Ebb and Flow of the Tides, and the Trade Winds caused great alarm till they were understood, and now they are employed as useful means of aiding human science and industry. Just so let us deal with Cholera, and when we have discovered its nature and course, and results, we shall not fear unnecessarily, but learn either to *use it* or *avoid it*. And here I wish you to see that Cholera belongs to a class of diseases not usually fatal in mild climates like ours. In warm climates, such as New Orleans, they are often *fatal*, as in Yellow Fever. But *Fever and Ague* is seldom a fatal disease. And I believe that if people would use the proper means to banish unnecessary fears from their minds, and to guard against the accumulation of the causes of Cholera, that disease would not prove in this country and climate, much more fatal than ague.

Before explaining this however, I must first carry you back to the consid-

eration of what are called predisposing causes, that is, the circumstances which render individuals more liable to be attacked by Cholera. These are such circumstances as tend to depress the nervous system, such as Bad Air, Bad Food, Bad Drink, and such like. That Bad Air is very injurious to health is strongly brought out by a case that occurred in the Parish of St. Ninans, near Stirling, in Scotland, while I was there. A farmer, named Brown, of Gray's, or Grey Mare's Tail, (from a waterfall near it,) his wife, their son and daughter, their man servant and their maid, all died suddenly, which caused much alarm, as it was supposed at first that they must have been poisoned. A search was made all over the premises, but nothing could be found, until at last they turned up the flooring, when it was found to be one mass of filth beneath. The drain from the farm stabling which stood higher on the slope of the hill, ran through below the house, and so passed out at the front. The floor under the boards was filled with stones, as is common in Scotland, and the drain had filled all up. While the wooden flooring was sound nothing had happened; but when the floor had begun to open, the effluvia coming up through it had suffocated them all. Yet nothing was to be seen, or even sensibly felt, till the flooring was moved. The poisonous influence nevertheless gradually sickened and killed the whole household. So far as I recollect not one escaped. We are told that a doctor found out the means to prevent one feeling any disagreeable odour while passing through the Hospitals, and that he yet died of the infection. And we read, just the other day, how a woman caught Cholera from too long exposure to a foul smell in her neighborhood, and died in consequence. Here then is one thing to be avoided for its own sake. *Bad Food* is another cause predisposing to Cholera, such as tainted meat or decaying vegetables, and such like, as these yield directly the same kind of food as the marshy places where the Cholera Miasm is hatched. So, Bad Drink, as Bad Water; that is, water full of decaying animal or vegetable matter, such as comes from swamps or from the neighborhood of any filthy place. And so, foul clothes, or damp clothes, or want of sufficient clothing, or over exposure to *damp* or *heat*, and so also frequent potations of stimulating drinks, which require to be either continually increased or lose their effect, and thus undermine the *living force* of the body. All the cases that occurred in Abernethy, near Perth, in Scotland, while I was there in 1848, were caused in this way. One was a fisherman, living by the side of the Tay, and drinking all the time. He died. Another, a ploughman, who took British Cholera first, and was getting well again.

But he took a fancy to butter milk, and drank off nearly a Scotch pint, that is more than a quart, and died. The other two were young people, and recovered. I don't think any of these were real cases of Cholera at first, they were mere Diarrhea. But the two who died exhibited the symptoms of Cholera proper. For as I said before, Diarrhea and Dysentery are often called Cholera, in Cholera Times, because they often take a peculiar cast from the nature of the prevailing epidemic, just as the Worm becomes coloured like the leaf upon which it feeds. And it is from this circumstance that you are advised this year to abstain from fresh pork, fresh veal and vegetables, which I must confess I regard as mistaken advice. For though these may cause Diarrhea, yet as such Diarrhea has no special danger in it, and has no immediate connection with Cholera, more than its opposite, and the want of such food may produce serious consequences of another kind, I think the means are not suited to the case. The RICE-WATER Diarrhea is a very different thing from *Common Diarrhea*, and comes on from that stage of Cholera called the cold stage, and generally proves fatal, for the reason which I shall immediately explain. But to understand this, you must know that there are at least three kinds of Diarrhea, and that Dysentery is simply the termination of Chronic Diarrhea. The first kind of Diarrhea arises from indigestible food, such as unripe fruit, or uncooked food, which irritates the intestines; and this is a very common cause of British Cholera. The second kind of Diarrhea is caused by too easily digestible food, such as fresh meat, or any other change of diet from a hard to a softer kind of food. But this is no way dangerous, if you only keep yourself quiet for a little, until the body accommodates itself to the change. But there is a third kind of Diarrhea, much more dangerous, because it is more difficult to stop, and attended with Dysentery almost from the beginning.

And here I may tell you a story.—A certain gentleman had a horse, and when he came to a certain burnt, black log he regularly shied to the other side. In course of time the log was removed. But when the horse came to the place, he shied as before, and seemed sorry that there was no log to shy at. Now you must excuse me for speaking on such subjects at all in this *touchy* generation. But I trust that I am speaking to British Canadians and not to Yankees. I was taught,—judging by the people of the Old Country, who put their foot down on all *mock modesty*, which merely proves a foul and vulgar, that is, *would be genteel*, but *don't know how!* kind of mind, judging by the Old Country highly polished manners,—that an inno-

cent woman is the boldest creature in the world ; and I believe it. It is your
prude, whose heart is bad, and who puts on false airs of modesty, to hide it,
that makes a fuss and a flurry over trifles, like the gentleman's horse, and
not knowing when to do so, does it at the wrong time ; which reminds me of
another story. A certain preacher who wrote his sermons, tried to move his
hearers by fine acting, and put in a certain place, "weep here." But he made
a mistake and cried at the wrong place, which made the people think there
was something wrong with himself, as they saw nothing in the sermon to
make him cry. In speaking on such subjects there is nothing more to cause
a *flurry* than to speak of the moon and the stars, since it is necessary that
you should understand the difference between this kind of complaint and the
Diarrhea of Indigestion ; and the greater danger of it. It *follows* and *arises*
from previous constipation. When the hands are held long on a table in the
mesmeric operation of table-turning, crossed over each other, they become numb
and insensible. And so when constipation is too long continued, insensibility
follows, and then Diarrhea sets in from Relaxation ; and this is nearest to
Cholera, and often without any Cholera proves fatal. I would therefore
guard you against Constipation rather than Diarrhea, and remind you that
in this as in most things, you will be safest to follow a middle course and keep
yourselves generally, easy. Deal with yourselves as farmers do with their
cattle, break them off from straw to grass, by means of turnips. Violent
changes of diet are dangerous, therefore indulge in fresh meats in moderation
and so with vegetables. Do not rush from hard dry bread to new and unripe
watery potatoes or corn, or green fruit ; but regulate your diet properly. In old
times the ladies were the Doctors of the family ; and they are the best
doctors yet, when by properly cooking and arranging the food of the house-
hold, they give them the true medicine three or four times a day, in prop-
er and properly prepared wholesome food. So with regard to Clothing, it is
a good rule "never to cast a clout, till the May be out." Guard against
Black Frosts for yourselves, as well as for the grain, and still more does this
apply to the *Autumn Chills*. You may remember the cold *Tuesday* in the
beginning of June, 1864, which made thousands sick and killed hundreds.
This is very trying to the constitution, and is apt to bring on Diarrhea or
British Cholera. Regulate then carefully your Diet and Clothing according
to the *circumstances*. But in general, Vegetables are very wholesome and
useful. I have heard that a certain young Doctor was looking out for a
locality, where he might find a good practice. So mounting his horse, he

rode along through the country, keeping a sharp lookout. The first part he passed through, every house had its *Kail-yard*, or *Garden*; and he rode on saying, as he passed one and another house with its *Kail-yard*, there's no use for me here, there's no use for me here. But when he came to a town where there were many houses but no *Kail-yards*, he said, this will do, I will settle here; and so lighting down he set up his staff, or shingle some would perhaps say and found plenty of practice. And so I regard Vegetables as a very necessary part of food, and you learn that Sailors suffer greatly from the want of them, when long out at sea. Only let them be used in moderation, and let no sudden changes be made in the Diet. Regularity and Moderation and Prudence are good for the health, at all times; and therefore specially so this season, when a fatal epidemic is likely to prevail.

Drinkers of Whiskey or Beer are said to be more exposed to the attacks of Cholera than others, chiefly because these tend to undermine the *Nervous Power*, and still more injurious are the other bad habits of which these are frequently only the cloak. Those practices are particularly injurious which break in upon the hours of sleep, balmy nature's sweet restorer, when the body is being specially nourished in a state of vegetation, and the animal or nervous system is being rested and refreshed; so that it is affirmed that a man is more than an inch taller in the morning, than he was the evening before. But these night-ramblers know no morning, through their irregularities. Regularity then, and Moderation in all things, in Sleeping and Working, in Eating and Drinking, in Clothing and Airing, in Cleanliness of person and Sunniness of premises are all important in preserving the general health, and should all be carefully attended to; and more specially in a time like the present, when the influence and the fear of Cholera is abroad.

But suppose the Disease to prevail what then is to be done? The Cholera I have said is a species of *Malignant Fever* and *Ague*, and hence some recommend us to anticipate the disease by Iron and Quinine, and to cure by means of Quinine. But I think the Remedy too weak for this malignant form of the disease: though it may prove useful in mild cases. But the complications are so various that no one treatment will do in all cases. The complications must be treated separately, and that as far as possible under the advice of a Doctor. It is poor policy to go tinkering at the *Body*, with an untrained hand. There was a person named Walker, in Cupar Fife who was looked upon with suspicion, because he had *round feet*, tho' they were not cloven. When he died, his feet were found to be right enough; it

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was only the *boots* that had round feet. He made them *himself*, and hence the clumsy shape. It is more dangerous to cobble your own bodies. But *Cholera* will not wait for a *Doctor*, and you must then do the best you can till he comes.

Now the Diarrhea, which is very troublesome and alarming, can be checked, if desired, by very simple means, of which I have two very excellent ones. One for Children, quite convenient for the house, because so mild in its nature; the other, which has cured a man in the blue stage, and which is handy to carry in one's pocket, when going from home, or when out in the field. For the disease is more apt to begin when one is out or from home, than in the house. This is stronger, but being graduated into small parts can be taken in any quantity, at regular intervals, till it produces its effect. The boxes do not contain enough to do any serious damage if taken at once and yet contain two or three sufficient doses, in ordinary cases. These will be very handy to have by you, and may prevent much inconvenience, and even sometimes danger. But if you regard my advice, you will never use them till really required, and never use them too strongly, because the sudden checking of Diarrhea may lead to *Fever*. The use of the Lozenges is to check Diarrhea, to allay Vomiting and Cramp, and restore the tone of the system. The Liquid checks Diarrhea, and soothes *Dysentery* gently, requiring only a teaspoonful at a time, and being very agreeable to take,—a great point as you know with children.

When the person becomes Cold and Blue, Warmth is the natural remedy; Warm Room, Warm Clothes, Warm Poultices of Linseed Meal or any other all over the *Breast* and *Stomach*; Warm Bricks to the Feet, and towards the crisis Warm Brandy, to keep up the circulation. But once Brandy is used it requires to be frequently repeated, for some time after the crisis is past, because it evaporates so quickly and loses its power. I confess myself very doubtful of its use, as it is so apt to produce a bad habit, and may do little good. It is not the Brandy's fault however, but the unwise head that takes it out of season and out of measure.

A very simple Remedy, generally at hand in this country is *Strong Black Tea*, not too hot, which will stop the Diarrhea when troublesome. But any such remedy should never be used needlessly, as it may prove injurious afterwards, if taken in excess.

Dysentery is a frequent termination of Diarrhea, and is best dealt with in children, by Luke-warm Water injection; in grown up people, by drinking

water, not too cold, ordinary water not iced, morning and evening. If strong remedies are required, apply to the Doctor. It is bad advice that puts strong remedies into unskilful hands, for in their distress people sometimes don't know when to stop.

I am not disposed to give any details which might excite the imagination without aiding the mind to lay the horrors thus raised, more securely afterwards; and therefore, the last symptom I shall speak of, is what is called *Collapse* and *Rice-water Discharges*, and which though divided in appearance, I shall speak of in connection, because they are intimately related in nature. This I wish you to observe is not *Common Diarrhea*, which is called *British Cholera*. It is I believe, a totally different thing: that is, merely the passing rapidly of the food; this is the passing of the fluids of the body in consequence of the relaxed state of the vessels, and is common in other debilitating diseases besides Cholera. Now this is what I want specially to explain to you, because you will then understand the real danger of Cholera, namely, the unnatural *terror* with which it is accompanied. In the preceding stage of Cholera, the person becomes *cold* and *blue*, that is called *Congestion*, because the vessels are full, and the current stops, and the blood not passing through the Lungs properly is not reddened as it ought to be. This stagnation also takes place in severe cases of *Fever and Ague*. But you know that after a time it passes away in a profuse perspiration, and sometimes simply passes away without perspiration to any extent. It is a kind of night-mare, so to speak, and if *gently and patiently* dealt with, I am persuaded that it would pass away here, also. I believe I have cured some twenty in the incipient stage by the simplest means. People should not, if possible, be rash. in their attempts to cure all at once. Because since the vessels are full, and *in a manner* stopped, what must be the consequence of *sudden terror*, or of any violent remedy. The fluid cannot get forward, it cannot get backward; and if you squeeze the vessels it must ooze through them, either to the outside or to the inside. It does so to the inside here, and this causes the *Rice-water discharges*. Terror will do this, and so will too violent remedies of any kind. The pipes are stopped with half-frozen fluid, like tarry oil. Have patience a little, and the blood will thaw out gradually, and come all right again, and such is the wonderful economy of nature, will resume its course as if nothing had happened. But if you squeeze the tarry liquid through the pipes, it will produce Typhoid Fever and may end fatally. This is so plain that any one may, as it were, see it. Use therefore thawing remedies *cautiously*, as far

and as fast as the person can bear them, and the disturbance will probably pass away in peace, and leave the person well again. Hence some propose Warm Baths, and Diaphoretics, and these may do good in some cases. But they would require to be very cautiously used, else the effusion of fluid may be increased, and it will not help much to send the fluid to the outside, instead of the inside, which I believe was the case in old times, under the name of Plague, when the party became black outside instead of inside; and this was probably owing to their different manner of living.

And I may just notice here, in passing, that I believe the Cholera Plague is now only as regards its form, and not as regards its origin or nature; since it is described by the Poet Shakespeare, one of the best observers of nature, in a manner exactly suited to the action of Cholera, now:—

ITS EFFECT

Holds such an enmity with blood of man
That, swift as quicksilver, it courses through
The natural gates and alleys of the body;
And, with a sudden vigor, it doth posset
And curd, like eager droppings into milk,
The thin and wholesome blood.

Referring to some poison which would act like the dreadful Plague that used to desolate the countries of Europe, under the name of *Gripes* in the *Guts*, &c. But it is not my business to say more here than just serves my present purpose, which is to guard against Violent Remedies, which have been tried and failed, because they were unsuited to the nature of the disease.

What then would I under these circumstances advise; first of all, beware of a *False Fear*. But some will say, did not you tell us that if a man feels himself falling he cannot help his fear; and that if he feels the ground giving way beneath his feet, he cannot prevent his terror; and that if a man feels himself in the clutches of a secret and deadly foe, he cannot help being afraid. True, but he can prevent the causes of his fear, if he would take advice, and use due care in time.

And we can remove the physical causes that prepare the way for Cholera, and give it much of its force. He cannot perhaps remove the great Indian, and other great Swamps, though that may be remedied in time. But every man can clear away the swamp at his own door. And hence the cleaning and draining, and purifying of the houses and streets, is a wise precaution. And the regulation of the Diet, as to quantity and quality of the food, and

drink, and clothing, and all other necessities of life and health, is also a step in the right direction; and in this way, every man should help with hand and voice, and the tenant by paying half of the expense, should have the power to compel his Landlord to cleanse and purify his house. And I believe most landlords will be quite ready to assist in this way. *Slacked Lime* or *Charcoal* is the best and cheapest disinfectant. Chloride of Lime and other strong means are sickening of themselves, and much more expensive. It is of great importance to keep the air and water pure and sweet, and every care should be taken for this purpose. The House should, if possible, be in an airy situation, with trees around it, at some little distance, which keep the air fresh and fragrant, and the *Well* should be removed from all surface water, and all foulness. How can any one be well who breathes or who drinks poison all the day? Keep the body also clean inside and out, as far as may be. But too frequent changes of clothing, especially of flannels, is *weakening*. Discretion and moderation must be studied here, Temperance, Moderate Exercise and Regular Habits promote health, and so prevent *disease*.

So, secondly, he can help to remove the Secondary physical causes of the disease. The poor must be helped, and the lawless restrained, so that the Cholera may not by beginning with these, as one may say, *dry wooden tenements*, ultimately set the whole city in a blaze. It is vain to think to save ourselves alone, if we would be safe at all. we must if possible, prevent the outbreak of the *disease*, for it grows strong and virulent by its ravages, just as fire does. And if we would check it effectually, we must check it at the outset. Once when I was teaching at a beautiful place called *Blairadam*, in the County of Kinross, in Scotland, an epidemic came round the neighborhood. In the School next to us, the disease, *Scarletina Maligna* gained head, and cut off a great many, so that the school had to be shut up for some weeks. In ours not one died, and though all the children had the disease, they took the infection so lightly, that it seemed as nothing. When the Rash came out they stayed at home a day or two, and then returned. I knew they would be less likely to catch cold under my care, than at home, and I told them not to be afraid, and there would be no danger. They believed me, did as I bade them, and the epidemic passed away. A single fatal case will greatly increase the malignancy of the disease. It is the duty therefore of the Government, and of all in authority, to guard against Cholera coming to destroy, by providing properly for the actual *Poor*, and suppressing the nurseries of vice, just as none are allowed to smoke where there are

shavings or gunpowder. And it is the duty of every member of the community, not only to submit to the regulations of the authorities, but to support them in carrying them into effect. The Markets, the Fountains, the Houses, the People, should all be placed under inspection and rule.

These means are however seldom used effectually, they require the consent and cooperation of too many, and unfortunately most people, like the Mahometans, prefer to bow the head, to shut the eyes, and let the enemy destroy whom it will, rather than put themselves to present trouble. It was so in the Plague of Athens, 2000 years ago; it was so in the Plague of London, 200 years ago; and it was the case in 1831-2; in 1848-9, and I fear it will be so in 1866-7. For like a child sent to wash its own face, the country has only given itself a *shake* and a splash; and thus matters are really not much better arranged to ward off Cholera, than before.

But since we cannot control the government or the community, we must protect ourselves the more effectually by—in the third place—preventing the moral causes of Cholera. The great danger in *Cholera* is *terror*, and the cause of that *terror* is the *fear of death*. The fear of death, some may say; *we have no such fear*. But saying and feeling are different things. The fear of death is shown, not only by running away from danger, and crying out in abject cowardice. Some show it by superstition; some by profanity; some by drunkenness; some by extreme abstinence; some by close attention to business; some by dissipation and amusement; some by keeping away from the infection, and some by foolhardiness, in exposing themselves to the contagion unnecessarily. All these indicate the same suppressed terror, and all aim at keeping it down by attempting to forget it. But these are vain attempts, as they are miserable means, leaving the man to struggle to the last *alone*, and so it may be to pass from death temporal to death eternal. The only true security is to have peace with God through our Lord Jesus Christ. And it is my duty as a Minister, my duty as a Doctor, to urge upon every one of you to make your peace with God. For then you will have no cause to fear death any more. Your life will then be spent in saving God your Saviour, and your decease will only carry you to another and happier world, where you will serve him better, and serve him forever. And if you do thus, be assured you will find that Faith to be the *best shield* for the Body, as well as for the Soul. If then you die, you will not lose anything. You merely rest from your labours, and all your works shall follow you. The Saviour, who receives you to himself, will also take care of all you leave behind you in the world.

And being thus prepared and resigned to die, you will in all probability be spared, either not attacked at all, or gently carried through. I knew a person once, whom everybody said to be dying of Consumption. A dozen of the most eminent medical men said so. But after long struggling against the disease, he resigned himself into the hands of God, and by gentle means, speedily recovered. I expect no extraordinary miracles. I believe only that *Faith* and *Humble Prayer* are really the best medicines in every case; and every medical man agrees with me in this, and recommends *quiet, ease, and pleasant amusement*. But if you will believe me, these are mere *Quack Remedies*, containing, concealed in them, a little of the *Essence of Faith*. Take the *remedy itself*, as prepared by the Great Physician, and you will find rest, and peace, and pleasure at once. By following this prescription, you will have by far the best chance, humanly speaking, of escaping. And if all would do this, and use the means which this Faith would lead them to adopt, the Plague would either not come, or if it came, would come only to purify and bless, not to destroy.

Now, I would like to close with *Consolation*, after so much reproof and instruction; it is much needed in this vale of tears. When then we speak of a depressed state of health, we do not mean sickly people. For generally speaking, sickly people are safest from the attack of Cholera. When people go to sea, the healthy are first sick, the sickly are hardly ever sick. Now this is just the case here. The Cholera infection may no doubt get easily into these, but it gets as easily out, and so does them little harm. But people who are healthy outwardly to all appearance, but whose constitution has not strength to resist the entrance of the disease, will have much more difficulty in getting rid of it. Therefore, if possible, let us preserve our health, strong and sound. But if we cannot do this, let us keep the body easy, in all its channels, both in and out, by regular habits of diet, cleanliness, clothing and exercise. And the sickly may comfort themselves with the assurance, that if they seem more likely to die of their own complaint, they are less likely to die of Cholera, and may therefore, if their strength permit, make themselves useful, if required. No one should tempt Providence, but when duty calls, let no one be afraid to obey.

For—in the second place—Cholera, though the infection is dangerous, is not very contagious in the first stage, beyond which it seldom gets; because, as I explained to you, the Body is *cold and shut up*; the very breath is sometimes cold. And the infection through the air is not stronger in the house than

elsewhere, until the *Death Smell* sets in ; and even then the infection is not greater than in any dead body, or in Typhoid Fever. The Doctor will tell you to bury the poisonous matter as speedily as possible ; and if you use proper precautions to wash yourselves and keep yourselves clean afterwards, there will be little more than ordinary danger, if you do not yield to *useless* and *causeless fear*.

But I cannot help condemning the system of Quarantine and Hospitals. It is simple cruelty. It heaps up the coals of disease in a great conflagration, and makes it tenfold more fatal, almost certainly destroying those thus shut up in close quarters ; and causing the poison to acquire a virulence which it never would have acquired of itself. Provide for each case separately, and make no accumulation of the poison, which is one of the chief causes that bring the disease to an acme, as we see in those ships which have brought it to our shores. Let us disperse it, and so destroy it, by division and special care. We shall thus do an act of mercy to the sufferer, and extinguish the flame in its first embers.

When the disease attacks anyone, in its early stages, the diet need only be slightly modified, a little medicine taken, and the person should lie flat as much as possible, to give the Diarrhea an opportunity to stop gradually. And water in any form, not too cold, and not warm ; just ordinary water, not iced, or any other liquid may be allowed, as required, in moderation. Water used to be denied in Fevers, and the poor patient suffered dreadfully. The same mistake is sometimes made here. Don't drink cold water in excess. Better eat something with it, and in all cases be advised. "*Keep the Mind and Body easy.*" Sleep if you can, and if you cannot sleep, think on the most pleasant things, and if you cannot think, let your mind wander where it will. Only trust in the *Love of God*, and be at rest, and you will do well.

And finally, how comes it that Cholera comes some years and some years not ? How comes it, I would ask, that Fever and Ague comes sometimes every day, sometimes every second day, or every third day, or every so long ? Because an accumulation of the poison is going on, like a stream running into a reservoir in the hills, with a syphon outlet ; that is, the channel runs over a height. The water runs into the great cistern till it runs over at the outlet, and then the water runs faster out than it runs in, until it falls below the outlet, and then it stops awhile, till the water overflows again. There is such a stream in the South of Scotland. Probably the Cholera germ is a constant element in the air, in greater or less degrees. But sometimes people are able

to resist it, and then it is harmless, just as the *Choke Damp* in the air is harmless. But at other times the poison accumulates more, or people's constitutions get more depressed or depraved in some way, and then Cholera breaks out. Now, so far as I have studied the subject, Plague is a companion of *War* and *Famine*, and of *Popular Commotion*, as in '31, '32; '48, '49; '54, '55; and now, '65, '66; showing plainly the connection of punishment with immorality. People become ungodly and arrogant, and then tumult, war, famine, and plague come upon them; and thus infidelity, dishonesty, oppression, and all kinds of immorality and vice, are the final causes that daaw down the curse from the hand of an offended God, letting lose these evil angels upon ungodly and wicked nations. And though good results from the evil, and blessing follows the curse, yet the punishment is not less real, because it serves to correct men's faults, as well as to avenge God's Justice. Therefore let us seek to appease God, by humbling ourselves under his mighty hand, and breaking off our sins by righteousness, and our oppressions by showing compassion to the poor. And then, should the Plague actually break out, it will destroy only a few, and then become a means of securing peace and happiness to multitudes for generations to come. And as the plague that threatened to desolate Jerusalem, only prepared the place for the noble Temple and peaceful reign of Solomon: so then may this Cholera, and its attendant evils, be only the harbingers of the coming of the Saviour, and the commencement of the Millennial Reign of Peace and Glory.

Let us begin then as David did, with a hearty sacrifice to our God, not in the slaughter of fed beasts upon an altar of stone, but by showing kindness to those who are suffering affliction, that we may have a just confidence towards God, that as we show compassion to others in their distress, He will also have compassion on us, and deliver us from all our troubles and all our fears. And then shall we all sing in the day when our mourning is ended—

Affliction, when it spreads around,
May seem a field of woe,
Yet there at last the happy fruits
Of Righteousness shall grow.

Then let our hearts no more despond,
Our hands be weak no more;
Still let us trust our Father's love,
His wisdom still adore.

DR. HAMLIN'S TREATMENT.

For stopping the Diarrhea, which commonly precedes Cholera proper, and which is both safe and successful.

Receipt 1st:—

Opii, Tinct.,	3 i.	
Camphor, Tinct.,	3 i.	
Rhei, Tinct.,	3 ii.	M.

Sig.:—30 drops on a lump of sugar for an adult; and then 25, 20, 15, &c., in diminishing doses every four hours. The diet should also be such as to check the Diarrhea.

If this dose is not sufficient to stop the flow, increase the quantity to 35, 40, 45 drops.

If this prove insufficient, prepare a teacupful of Starch, as for ordinary use, and stir into it a full teaspoonful of Laudanum, to be used as an injection. Give one-third at each movement of the bowels. This sometimes requires to be repeated, and increased. Prepared Chalk in ten grain doses with a few drops of Laudanum and Camphor, added to each dose, must be given at the same time. The Diarrhea must be stopped or the patient will be lost.

A Mustard poultice should be applied to the pit of the stomach, and continued till the surface is well reddened.

Perfect rest, the person lying on his back in bed, should be enjoined.

These directions should be sufficient to meet the case of simple Diarrhea. But when the attack is more violent, and there is vomiting or purging, with, perhaps, cramps and colic pains, the following mixture should be resorted to.

Receipt 2nd:—

Opii, Tinct.,	3 i.	
Capsici, Tinct.,	3 i.	
Zinziberi, Tinct.,	3 i.	
Cardamomi Semin, Tinct.,	3 i.	M.

Sig.:—30 to 50 drops, or half a teaspoonful in a little water, and to be increased if required.

If the first dose be rejected, the second should be ready, and given immediately after the spasm of vomiting has ceased. The vomiting and purging have always been stopped by the third dose at most. Large Mustard poultices have always been applied to the stomach, bowels, calves of the legs, feet, &c., as the case seemed to require.

Collapse is simply a more advanced stage of the disease, when the death smell sets in the case is hopeless. But the blue color, the cold extremities, the deeply sunken eye, the vanishing pulse, are no proof that the case is hopeless. In these cases, in addition to the second mixture, Brandy, (a tea spoonful every half hour,) bottles of hot water, surrounding the patient, especially the extremities, mustard plasters and friction will often in an hour or two work wonders.

Thirst. In these and all advanced cases, thirst creates great suffering. The sufferer craves water, and as sure as he gratifies the craving, the worst symptoms return, and he falls a victim to the transient gratification. Drink must therefore be refused. But the mouth and throat may be frequently gargled. A spoonful of Gum Arabic water or Cammomile tea may be given to wet the throat. Sydenham's White Decoction may be given as drink, and food. In a day or two the thirst will cease.

Diet. Rice water, Arrowroot, Sydenham's White Decoction, crust water, Cammomile Tea, are best for a day or two after the attack has been controlled. Cammomile is very valuable in restoring tone to the stomach.

Typhoid Fever, for a few days will follow all severe cases. The greatest danger arises from drinking too freely. A little brandy and water or arrowroot and brandy may be given to revive the patient when sinking.

Dr. Hamlin considers mixtures Nos. 1 and 2, a few pounds of powdered mustard, a bottle of brandy, a paper of cammomile flowers, and a paper of gum arabic, as containing all the essentials of a cure.

Dr. Corson's, (of Brampton,) treatment comes nearer my mode of dealing with Cholera than anything I have yet seen, and is shortly as follows:

1. The painless Diarrhea, that generally precedes Cholera for a day or two, should never be neglected. The most important measure was to stop walking in the hot sun, and lie down and cover up warmly in bed. Added to this take a teaspoonful of Paregoric, or fifteen drops of Laudanum, with five or six drops each of the spirits of Camphor and essence of Peppermint or tincture of Capsicum, in a wine-glass full of water, or better still, weak brandy and water, and repeat in an hour or two if necessary, and the whole affair if taken early enough, is commonly settled by a good, warm nap in bed. A little boiled milk and flour, toast and tea, or a soft egg, or beef or mutton broth may be used for diet for a few hours after.

Dr. Corson then follows Dr. Stevens, only cautioning against over-friction,

and recommends ice as better than water. He gives the following Receipt for the early stage:—

Laudanum,	℥ ss.
Spirits of Camphor,	℥ ss.
Tinct. of Capsicum,	℥ ss.
Tinct. of Catechu,	3 x.
Aq. Cinnamon,	3 x.

Mix, and for an adult give a teaspoonful every hour, in a wine glass of cold water, or cold toast water, till the vomiting and purging cease, or medical aid arrives. If the attack is very severe take a double dose, the first or even second hour. Opiates and brandy should not be given in large doses in the blue stage. If the cramps are severe, ℥ii of chloroform should be added to the above mixture, and the bottle quickly shaken before it be given. Medical advice should be had as soon as possible.

DR. STEVENS' PLAN OF TREATMENT.

Approved by Dr. Tanner, of London.

Patients presenting the premonitory symptoms,—Diarrhea and vomiting—were removed into an observation ward, where an even temperature was constantly maintained. A seidlitz powder was immediately administered; if sinking was felt without purging, three or four teaspoonfuls of Epsom Salts were added to the powder. On these agents acting, plenty of thin beef tea, well seasoned with salt, was given. If there was any pain, a mustard plaster was applied to the stomach, and thirst was relieved with seltzer, soda, or pure water as much as the person wished. Most of the cases were thus cured.

If however cramps, coldness of the extremities, or sinking of the pulse, came on, the patients were considered as Cholera cases, in the second degree. The following was then administered about every half-hour:—

Receipt:—

Sodii, Chloridi,	grs. xx.
Sodae, Carbonatis,	grs. xxx.
Potassae, Chloratis,	grs. vii.

Dissolved in water. If there were much irritability of stomach, a larger mustard plaster was applied; if much heat or burning pain, an additional quantity of carbonate of soda was added to the mixture.

In cases in the stage of collapse, a strong solution of the same salts, dissolved in hot water, (100 Fahr.) was thrown into the bowels, and repeated every two or three hours. Mustard plasters were also applied to the stomach, between the shoulders, &c., and in the cold stage, frictions with warm towels were used. A pure air for the patient to breathe, was considered of the greatest importance. A warm hip-bath, with cold affusions over the head, back, and chest, and then the patient put to bed immediately, between hot blankets; Wenham Lake ice to satisfy thirst, and pure water and fresh air, and great attention to diet for some days after recovery, which diet should all be in a fluid state, are also recommended.

DR. AITKEN, a Military Physician, of Edinburgh, furnishes the following Prescriptions:—

Receipt to check the Diarrhea:—

Pulvis Cretae Aromaticus Cum Opio,

or,

Pulveris Arom,	3 iii.
Tinct. Catechu,	fl 3 x.
Tinct. Cardamon Comp,	fl 3 vi.
Tinct. Opii,	3 i.
Mist. Cretae Praepar,	@ fl 3 xx.

M.

Sig.:—one oz. for an adult.

Receipt to promote reaction in Cholera and Diarrhea:—

Ol. Anisi,	3 ss.
Ol. Cajaput,	3 ss.
Ol. Juniper,	3 ss.
Æther,	3 ss.
Liquor Acid Halleri,	3 ss.
Tinct. Cinnamon,	3 ii.

Sig.:—10 drops every quarter-hour, in a tablespoonful of water. An opiate may be added to the first or second dose, but not afterwards.

N. B. Liquor Haleri = Acid Sulph., 1 pt., and Spir. Rectif., 3 pts.

Warm blankets, or sand, or bran bags, and friction are recommended; but warm water in baths, or injections are condemned. Water to drink at pleasure.

NOTE.

I have endeavoured to combine the various advantages of each plan.

1. Stop the Diarrhea by the simplest means, as by lying still, by getting to sleep, and if necessary by an opiate, such as the lozenges spoken of. But the treatment should not be too vehement.

2. Relieve the pains by dry warmth, outside, but not too rapidly, as the vomiting, &c., may be increased thereby. Ice, if to be had, would be very useful. But water or other pleasant drink, as lemonade, moderately cold, in small quantity, may serve the same purpose. But beware of chills.

3. Warmth and friction in the last stage, called collapse, with a little brandy if required. But I think these must not be pushed too hard, lest they relieve a symptom at the expense of the patient's life.

4. *Pure air, clean water, moderate dry warmth, with quiet, and gentle astringents* are in my judgment, the most probable means of cure. Use all diligence, but keep calm and cool, for that is the path of safety.

5. Since a dissolution of the blood is the chief symptom of Cholera, and since the disease seems to come on after much eating of fresh food, and drinking of water and other liquids, may not a want of the proper salts which have thus been washed out, constitute the chief predisposing cause of the disease, and ought not this consideration to suggest the propriety of guarding against this in due time?

6. When the stage of collapse is reached, medicine can do little, and our dependence must rest chiefly on *care and patience*, and wholly on God, on whom the CRISIS solely depends.

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